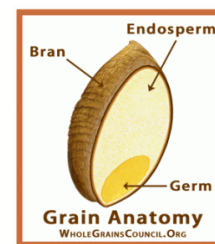


IDENTIFYING WHOLE GRAINS

Grains must be **whole grain-rich** (WGR) to meet the meal pattern requirements for the National School Lunch Program (NSLP) and School Breakfast Program (SBP). WGR products contain at least 50 percent whole grains, any other grain ingredients are enriched and the combined weight of any noncreditable grains (such as modified food starch and bran) is less than two percent of the product formula. For more information, see the Connecticut State Department of Education's (CSDE) handout, [Criteria for Whole Grain-rich Foods](#).

WHOLE GRAINS

Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran and the nutrient-rich germ. Usually the grain kernel is cracked, crushed, flaked or ground during the milling process. A grain product is whole grain if it contains the same relative amounts of bran, germ and endosperm as the original grain. Whole grains contain a wide variety of nutrients and compounds that help reduce the risk of chronic diseases.



CRITERIA THAT DO NOT INDICATE WHOLE GRAIN CONTENT

There are several criteria that cannot be used to determine if a grain product contains at least 50 percent whole grains. These include color, fiber content, the Whole Grain Stamp and misleading terms.

Color

A grain product's color does not indicate whether it contains whole grains. While whole-grain products are usually browner than products made with refined white flour, sometimes the brown color comes from coloring (e.g., "caramel coloring") or molasses, not from whole-grain ingredients. Read the ingredients statement to determine if the product contains any whole grains.

Fiber Content

Fiber content does not indicate whether a product contains whole grains. Whole grains and fiber both provide health benefits but they are not the same thing. The nutrition facts panel lists total fiber, which includes naturally occurring and added sources. Grain-based foods that are good sources of fiber, such as bran cereal, may contain bran or other added fiber without much or any whole grains. Manufacturers sometimes add fiber such as cellulose, inulin and chicory root to processed foods that would otherwise contain little or no fiber.

Whole Grain Stamp

The [Whole Grains Council](#) provides two stamps that manufacturers can use on product packaging for foods that contain whole grains.

- **Basic Whole Grain Stamp:** Products that display this stamp contain at least 8 grams of whole grain, but may not meet the USDA criteria for enriched grains and noncreditable grains. They may contain unenriched refined flour and noncreditable grains.
- **100% Whole Grain Stamp:** Products that display this stamp contain at least 16 grams of whole grain, but may not meet the limit for noncreditable grains.



IDENTIFYING WHOLE GRAINS, continued

The whole grain stamps cannot be used to determine if a grain-based product meets the three WGR criteria for school nutrition programs. The whole grain stamps indicate that a product is made with whole grains or contains 100 percent whole grain, but they do not indicate that all other grains are enriched or that any noncreditable grains comply with the limit. To determine compliance with the WGR criteria, menu planners must review the product's ingredients statement and product formulation statement (PFS).

Misleading Terms

Careful label reading is important because the packaging for grain products can be misleading. When a grain name such as “corn” or “rice” is listed in the ingredients statement without a descriptor such as “whole” corn or “brown” rice, the product might not be whole grain. Menu planners cannot credit these ingredients as whole grains unless the manufacturer provides a PFS to document that they are whole grains.

Manufacturers often use terms in their product names or labels that make a product appear to contain a significant amount of whole grain when it does not. The chart below includes some common misleading terms found on product packages. Products with these terms are typically not 100 percent whole grain, and generally do not contain much whole grain. They often contain refined flour (or other ingredients that are not whole grain) as the first or second ingredient.



Common Misleading Terms for Grains	
“Made with whole grains”	These products must have some whole grains but may contain mostly refined flour. The amount of whole grains can vary greatly among different products.
“Made with whole wheat”	These products must have some whole wheat but may contain mostly refined flour. The amount of whole wheat can vary greatly among different products.
“Contains whole grain”	These products may contain a small amount of whole grain but usually are mostly refined grains. The amount of whole grains can vary greatly among different products.
“100% wheat”	All breads made from any part of the wheat kernel are 100 percent wheat , which is different than 100 percent whole wheat . “100% wheat” products may contain some whole-wheat flour or may contain only refined flour. Look for “100% whole wheat” or “100% whole grain” to indicate that the product is made from only whole grains.
“Multigrain” or specifies number of grains, e.g., “seven-grain bread”	These products must contain more than one type of grain, which can include refined grains, whole grains or both. Some multigrain breads may have enriched flour as the primary ingredient with multiple grains in smaller amounts, while others contain mostly whole grains.
“Cracked wheat bread”	While cracked wheat is a whole grain, cracked wheat bread may contain refined flour as the primary ingredient with small amounts of cracked wheat.
“Stone ground” flour or meal	“Stone ground” describes the process used for making the flour or meal. It does not necessarily mean that the product is whole grain. Look for “whole” in combination with “stone ground” in the ingredients statement.

NAMES FOR WHOLE GRAINS

The chart below lists examples of grain products and ingredients that are whole grains. If one of these terms is listed **first** on the ingredients statement, the product contains at least 50 percent whole grains and meets the first WGR criterion. To be WGR, the product must also meet the other two criteria (any other grain ingredients are enriched and the combined weight of any noncreditable grains does not exceed the limit). For more information, see the CSDE's handout, [Criteria for Whole Grain-rich Foods](#).



Whole-Grain Products and Ingredients ¹

Barley

- Dehulled barley
- Dehulled-barley flour
- Whole barley
- Whole-barley flakes
- Whole-barley flour
- Whole-grain barley
- Whole-grain barley flour

Brown rice

- Brown rice
- Brown rice flour

Corn

- Masa (whole corn treated with lime) ¹
- Whole corn
- Whole-corn flour
- Whole cornmeal
- Whole-grain corn flour
- Whole-grain grits
- Whole-ground corn

Oats

- Oat groats
- Oatmeal, including old-fashioned, quick-cooking and instant
- Rolled oats
- Whole oats
- Whole-oat flour

Rye

- Whole rye
- Rye berries
- Whole-rye flour
- Whole-rye flakes

Wheat (red) ²

- Bulgur (cracked wheat)
- Bromated whole-wheat flour
- Cracked wheat
- Crushed wheat
- Entire-wheat flour
- Graham flour
- Sprouted wheat
- Sprouted wheat berries
- Stone ground whole-wheat flour ³
- Toasted crushed whole wheat
- Wheat berries
- Whole bulgur
- Whole durum flour
- Whole durum wheat flour
- Whole-grain bulgur
- Whole-grain wheat
- Whole wheat
- Whole-wheat flour
- Whole-wheat pastry flour
- Whole-wheat flakes

Wheat (white) ⁴

- Whole white wheat
- Whole white wheat flour

Wild rice

- Wild rice
- Wild rice flour

Less common grains

- Amaranth
- Buckwheat, buckwheat groats
- Einkorn
- Emmer (farro)
- Kamut®
- Millet
- Quinoa
- Sorghum (milo)
- Spelt
- Teff
- Triticale

¹ Masa (often used in tortilla products) is a whole grain only if the manufacturer provides documentation that the manufacturing process used to prepare the corn with lime retains the pericarp (bran layer).

² Red wheat is the most common kind of wheat in the United States.

³ "Stone ground" describes the process used for making the flour or meal and does not necessarily mean that the product is whole grain. Look for "whole" in combination with "stone ground" in the ingredients statement.

⁴ White whole-wheat products are lighter in color and lack the slightly bitter taste associated with the bran in red wheat. Read labels carefully to be sure products are "white whole wheat" and not "white wheat," which is not a whole grain.

IDENTIFYING WHOLE GRAINS, continued

RESOURCES

Calculation Methods for Crediting Grains:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/graincalc.pdf

Crediting Enriched Grains:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/enrichedgrains.pdf

Crediting Foods (CSDE Web Page):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796

Criteria for Whole Grain-rich Foods:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/wgrcriteria.pdf

Food Buying Guide for School Meal Programs:

www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

Meal Patterns (CSDE Web Page):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770

Menu Planning Guide for School Meals:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320

Product Formulation Statements:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/pfs.pdf

USDA Product Formulation Statement for Documenting Grains in School Meals:

www.fns.usda.gov/sites/default/files/pfsgrains13-14.pdf

Whole Grain Resource for the National School Lunch and School Breakfast Programs:

www.fns.usda.gov/sites/default/files/wholegrainresource.pdf

Whole Grain-rich Ounce Equivalents for School Nutrition Programs:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/grainsozeq.pdf



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/identifyingwg.pdf.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), found online at www.ascr.usda.gov/complaint_filing_cust.html or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax: 202-690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the federal Relay Service at 800-877-8339; or 800-845-6136 (Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotope, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.

The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2101, Levy.Gillespie@ct.gov.